

Guiltless Pleasures

KETO-FRIENDLY • LOW SUGAR • LOW CARB

COCKTAILS

\$14

Anti-Rita

Casamigos Blanco, Keto Simple Syrup,
Lemonade Sparkling Ice Soda

<1 Net Carb

Fresh-Keto

Malibu Rum, Grapefruit, Lemon Juice

<5 Net Carbs

Strawberry-Basil Delight

Tito's Vodka, Basil, Strawberries,
Kiwi Sparkling Ice Soda

<1 Net Carb

DESSERTS

“Key-To Lime” Bars ✓

\$6

Key Lime Juice, Swerve, Almond Flour Crust

<4 Net Carbs

Mini Chocolate Chip “Whoopie Pies” ✓

\$8

Double Chocolate Chip Cookies, Swerve,
Mascarpone-Cream Cheese Filling

<3 Net Carbs

Keto Cheesecake + Berries ✓

\$10

Almond Flour Crust, Macerated Berries, Swerve,
Whipped Cream

<5 Net Carbs

Dark Chocolate Mousse ✓

\$10

Keto Chocolate Cake, Sugar-Free Chocolate Ganache,
Swerve, Whipped Cream

<3 Net Carbs



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ENTRÉES

Spicy Tuna Lettuce Cups \$18

Bibb Lettuce, Avocado, Spicy Aioli, Jalapeños, Scallions, Tobiko,
Daikon Sprouts, Wasabi, Low-Sodium Soy Sauce 0 Net Carbs

Buttermilk Fried Chicken \$19

Almond Flour, Parmesan, Paprika, Cayenne, Garlic + Onion Powder,
Sriracha-Ranch <3 Net Carbs

Caesar Salad Bowl ✓ \$12

Romaine Hearts, Keto Parmesan Crisps, House Caesar 0 Net Carbs
Parmesan crisps served on side. <2 Net Carbs

+Grilled Chicken Skewers \$6 0 Net Carbs

+Grilled Steak* Skewers \$12 0 Net Carbs

Angus Burger Lettuce Cups \$17

Bibb Lettuce, Applewood Smoked Bacon, Sharp Cheddar, Tomato,
“Not-So-Secret” Sauce <1 Net Carb

Roasted Veggie Kebabs ✓ \$15

Grilled Seasonal Vegetables, Tzatziki Sauce 0 Net Carbs

Steak Skewers* \$24

Grilled Beef Tenderloin Skewers, Seasonal Vegetables,
Cilantro-Lime Sauce <1 Net Carb

+ Surf + Turf | Butter Poached Lobster Claws \$9 0 Net Carbs

Tandoori Chicken Skewers \$17

Cumin-Yogurt Marinade, Grilled Seasonal Vegetables,
Cilantro-Lime Sauce 0 Net Carbs

✓ Vegetarian Option – Ask your server about vegan options and other dietary needs.
If you have a food allergy, please speak to the owner, manager, chef or your server.

*These items may be served raw/undercooked or will be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Price does not include sales tax.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

[Additional nutritional information available upon request.](#)



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MENU ITEMS	TOTAL CALORIES	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL	DIETARY FIBER	SUGAR	PROTEIN	NET
	(cal) g	FROM FAT		FAT				CARBOHYDRATES				CARBOHYDRATE
	g	g	g	g	0.00	g	mg	g	g	g	g	g
Buttermilk Fried Chicken	427.72	196.97	21.89	5.44	0.10	80.13	1350.21	6.62	3.78	0.93	48.25	2.84
Steak Skewers	694.12	476.24	52.92	19.24	0.46	198.87	1665.59	5.56	2.63	2.25	47.77	2.93
Tuna Lettuce Cups	278.81	4.14	0.46	10.45	0.00	36.41	364.53	1.84	6.85	3.08	15.36	0.00
Tandoori Chicken Skewers	383.68	194.74	21.64	6.61	0.46	69.71	2055.16	6.06	2.68	2.54	39.55	3.37
Roasted Veggie Kebabs	357.72	262.16	29.13	4.36	0.00	0.00	2287.17	19.18	9.00	7.96	5.93	10.17
Caesar Salad Bowl	344.60	183.88	20.43	11.37	0.00	51.45	1107.47	4.77	2.83	1.38	30.71	1.94
Angus Burger Lettuce Cups	723.00	508.23	56.47	24.66	2.54	172.62	980.01	1.30	1.05	1.19	47.94	0.26
Dark Chocolate Mousse	330.51	298.33	33.15	17.09	1.06	81.49	105.17	6.71	3.84	1.29	3.33	2.87
“Key-To Lime” Bars	179.87	152.31	16.92	5.30	0.33	22.29	46.95	5.35	2.34	1.07	3.67	3.01
Keto Cheesecake + Berries	287.91	243.88	27.10	12.07	0.44	63.86	116.66	6.52	2.04	4.06	4.89	4.48
Mini Chocolate Chip “Whoopie Pies”	269.44	221.33	24.59	10.83	0.43	33.89	79.86	8.82	6.60	1.35	4.81	2.23
Anti-Rita	93.72	89.75	9.97	0.00	0.00	0.00	0.14	0.67	0.21	0.11	0.05	0.47
Strawberry-Basil Delight	95.78	0.39	0.04	0.00	0.00	0.00	0.15	1.10	0.29	0.69	0.10	0.81
Fresh-Keto	119.48	0.39	0.04	0.01	0.00	0.00	0.30	4.85	0.15	0.65	0.22	4.70
CONDIMENTS & SAUCES												
Sauce, Teriyaki	25.23	0.05	0.01	0.00	0.00	0.00	1086.64	4.41	0.03	4.00	1.68	4.38
Soy Sauce Lite, Kikkoman (Japanese)	30.00	0.00	0.00	0.00	0.00	0.00	640.00	2.00	0.00	6.00	1.00	2.00
Caesar Dressing	218.06	214.51	23.83	3.83	0.00	17.42	109.83	0.25	0.01	0.07	1.31	0.25
Sriracha-Ranch Sauce	124.49	117.56	13.06	2.38	0.00	3.43	211.86	1.93	0.09	1.49	0.40	1.85
Cilantro Lime Sauce	92.68	89.95	9.99	1.88	0.07	2.95	146.04	1.01	0.30	0.60	0.27	0.71
Tzatziki Sauce	17.57	1.76	0.20	0.03	0.00	1.51	70.81	0.92	0.08	1.02	2.42	0.84
Add on Chicken	120.01	41.76	4.64	1.30	0.00	28.00	236.00	0.00	0.00	0.00	17.72	0.00
Add on Steak	278.97	182.48	20.28	8.18	0.00	96.39	56.70	0.00	0.00	0.00	22.48	0.00
Not So Secret	170.30	166.52	18.50	2.56	0.05	0.00	206.60	1.66	0.29	1.18	0.33	1.37
Add on Lobster	85.10	27.59	3.07	1.94	0.00	8.13	299.42	0.00	0.00	0.00	0.03	0.00